



NAMI San Francisco

# MENTAL HEALTH MATTERS AT WORK

A free presentation  
to address the stigma around mental health in the workplace

**LEARN**

- What is neurodiversity?
- How prevalent are mental health conditions?
- How is Covid-19 affecting mental wellness in the workplace?

**EXPLORE**

- What are common warning signs?
- What are the contributing factors?
- What prevents people from getting help?

**ACT**

- How can you support yourself and colleagues?
- How can companies provide support?
- What resources are available?

**Start the conversation and end the stigma!**

**click the green links below**

**Register** to attend a webinar: 5/14 & 5/28 from 12 - 1PM

**Schedule** a virtual presentation for your workplace

# Frequently Asked Questions

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## WHAT IS NAMI SF?

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI San Francisco is the community voice on mental health. We provide education, support and advocacy for individuals living with a mental health condition and their loved ones. At the heart of NAMI San Francisco's mission is the sharing of information and striving to end the stigma associated with mental illness.

## WHAT'S INCLUDED IN THE PRESENTATION?

- informational slide deck
- live stories and perspectives from professionals living with mental health conditions
- interactive activities
- Q&A (questions are encouraged)

## WHAT TOPICS ARE COVERED:

- A basic understanding of the prevalence of mental health conditions
- An understanding of warning signs to look for
- Self care strategies
- Tips for supporting a colleague
- Ideas for mental health supports and strategies companies can adopt
- A Mental Health Matters at Work Toolkit
- Links to additional mental health resources, including COVID-19 resources for the workplace

## WHY IS THIS FREE?

NAMI SF is a non-profit. It is our mission to provide free support, education and resources to all. Donations support education programs for public schools.



**NAMI San Francisco**

Natasha LaVine

Director of Community & Education Outreach

[natasha@namisf.org](mailto:natasha@namisf.org)

(415) 729-3988

<https://www.namisf.org>

